

Self-Care During the COVID-19 Pandemic

- 6 Daily Questions to Ask Yourself in a Quarantine
- How to Practice Self-Care During the Coronavirus
- How to Work with Your Mind to Stay calm During this Pandemic
- Managing Anxiety and Stress from Coronavirus
- 36 Things You Can Do to Feel Great
- 15 Ways to Practice Self-Care in the Time of Coronavirus
- Greater Good's Guide to Well-Being During Coronavirus
- Practices to Address Educational Professionals' Stress and Anxiety

Please see link for up to date info:

<https://www.ksdetasn.org/atbs/educator-self-care-and-wellness>